

Proximal Attachment

It arises from the lower part of the ligamentum nuchae, the spinous processes of C7 and T1 and intervening supraspinous ligament.

Distal Attachment

The fibers pass obliquely infero-laterally to attach to the smooth triangular surface at the medial end of the scapular spine by anterior and posterior layers, which enclose the inferior border of levator scapulae. The anterior layer is wide and strong extending medial to and below levator scapulae, while the posterior layer attaches to the rim of the triangular surface behind and below levator scapulae.